

Interagency Committee of State Employed Women (ICSEW)
Committee Policies and Procedures

5.02 Health and Wellness Committee

Date of Original Issue: October 1, 2004 Date Modified:

PURPOSE

This policy provides information, general guidance, and expectations of the Health and Wellness Committee.

INTENT

The intent of this policy is to increase the overall wellness of state employed women through information sharing and activities.

SCOPE

This policy applies to all new ICSEW members including those on the Health and Wellness Committee.

POLICY

The Health and Wellness Committee was established in 1994 when Governor Lowry endorsed the ICSEW's 2-year plan which established 4 standing committees: Education, Communications, Membership, and Budget. In the same year, ICSEW members polled coworkers in their respective agencies to determine the top issues affecting women in state government. The ICSEW received a 76 percent response rate where health and wellness was an issue of major concern. The Health and Wellness Committee was established as an ad hoc ICSEW committee. The Health and Wellness Committee shall remain an ad hoc committee as long as health and wellness issues remain a major concern to state employed women.

PROCEDURE

The Health and Wellness Committee shall research articles and/or write articles for the *InterAct* newsletter to promote health and wellness. The committee will promote health and wellness-related events through e-mail and the ICSEW Web site and coordinate guest speakers for ICSEW General Membership meetings to

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expand the knowledge of health and wellness topics. The Health and Wellness Committee may participate in and/or coordinate educational fairs to provide information to state employees.

RELEVANT LAW AND OTHER RESOURCES

Board Approved:

Committee Approved: